

What Should I Expect And How Should I Prepare For My First Visit?

Your initial visit will include a full patient intake and medical history as well as your first acupuncture treatment.

Please allow at least 1 Hour for the first visit. Regular visits will be approximately 30 minutes- 1 Hour depending on your particular condition.

**Please bring a list of current medications you are taking, including any prescriptions, over-the-counter medications, herbal supplements, and vitamins.*

** Please bring any lab or medical reports relevant to your condition.*

** Eat a light meal a few hours prior to your visit.*

** Avoid alcohol on the day of your treatment*

** Wear loose, comfortable clothing.*

Acupuncture points are located all over the body. Many of the acupuncture points that

*are commonly used
are located between the wrists and elbows
and the ankles and knees. You will be more
comfortable if your clothing can be easily
rolled up to your
elbows and knees.*

What to Expect After Treatment

*Your relief may be immediate, delayed for
a few hours, or even develop after one to
three days. The relief may last for a few
hours on the first visit and then last longer
with each successive treatment, or relief
may last from the first treatment until your
next visit. Individual response to treatment
varies.*

*Each session builds on the next as your
body heals, this is why it's important to
follow your treatment regimen the doctor
prescribes.*